

## OUR ONLINE SAFETY CURRICULUM

Term 1: Our online safety theme this term is 'Self-Image and Identity.' We will be exploring how our offline and online identities are shaped and how media impacts on gender, stereotypes, and our emotions. We will discuss our own identities and how people represent themselves in different ways online whether this is real or edited and how this can affect our own behaviour.



ProjectEvolve

To support this, you could try some self-esteem activities...

<https://biglifejournal.com/blogs/blog/self-confidence-building-activities>

### 9 SELF-CONFIDENCE BUILDING ACTIVITIES FOR STUDENTS

**1 LETTER TO YOURSELF**  
Understanding and accepting yourself are key to developing self-esteem, as is the ability to reflect. Writing letters to themselves can help children build these essential abilities.

**2 TRANSFORMING NEGATIVE SELF-TALK ACTIVITY**  
Learning to recognize what triggers negative self-talk and how to reframe these thoughts positively is a powerful way to overcome these thoughts and boost confidence.

**3 CERTIFICATE OF RECOGNITION**  
This activity trains the brain to look for the positive and celebrate even small achievements and accomplishments.

**4 GRATITUDE JOURNAL**  
Intentionally noticing the positive in others and in the world around them helps children notice the positive in themselves too.

**5 GOALS JOURNAL**  
Setting and achieving goals (or even making significant progress toward them) is a major confidence boost for children of all ages.

**6 COOPERATIVE BOARD GAMES**  
Children who feel valued and are comfortable in social situations are more confident. Positive experiences with activities like cooperative board games encourage more cooperation in the future.

**7 ACHIEVEMENTS COLLAGE**

- Start by asking students to make a list of all their "wins" or achievements so far in life.
- Once the list is complete, have students create a collage of their achievements on a sheet of poster board.
- Provide magazines for children to cut pictures from, or ask them to bring in items or photos from home.

**8 "I AM" ACTIVITY**  
Intentionally noticing the positive in others and in the world around them helps children notice the positive in themselves too.

**9 PRACTICE YOGA**  
Yoga is an activity that focuses on personal growth rather than comparison. Strengthening the mind-body connection, getting active, and increasing the flow of endorphins also leads to positive feelings and improved self-esteem.

## This term we will be focusing on the 'S' in our online safety SMART rules.

Talk to your child about what they understand this to represent.

What do they know?

### BE SMART ONLINE

**S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

**M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk).

**A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

**R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

**T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk).

**BE SMART WITH A HEART**  
Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

[WWW.CHILDNET.COM](http://WWW.CHILDNET.COM)

## Some tips about technology from NOS...

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

### What Parents & Carers Need to Know about BEREAL

Bereal is the latest trending social media app. The concept is that people see others in their authentic day-to-day lives, sharing candid photos without editing or applying filters. Each day at a random time, users are simultaneously notified to take a picture of what they're doing at that exact moment. The two-minute window to submit an image means there's no time to select a particularly glamorous or exciting activity. Bereal shares two pictures: a selfie, and an image of the immediate surroundings. Users can only view and react to their friends' photos once they upload their own.

**AGE-RATING**  
13+  
from the ESRB & Google Play

**WHAT ARE THE RISKS?**

**CONTINUOUS NOTIFICATIONS**  
Like any social media app, Bereal's developers want users to be on it regularly and scrolling for long periods. Bereal only sends one notification to post a picture each day, but there are other alerts for events such as mentions, comments, friend requests and reactions to your photo. This can cause young users to feel pressure to open the app and respond, distracting them from other activities.

**CONNECTING WITH STRANGERS**  
When someone signs up to Bereal, it highlights anyone in their phone's contacts list who already has the app - so users can connect with friends, or invite others from their contacts. The 'Discovery' feed, meanwhile, shows posts from strangers and gives users the option to add them as friends, too. This means your child could potentially connect with - and communicate with - a stranger.

**PUBLIC SHARING**  
As well as sharing posts with friends in the moment, the app also allows posts to be shared publicly and public content to be viewed. Before a user can see this public content, they must post their own photo first. Unfortunately, there currently seems to be a lack of moderation on the content that's being uploaded, so a young user could be exposed to posts which aren't suitable for their age.

**Advice for Parents & Carers**

**LIMIT NOTIFICATIONS**  
Bereal offers the option to turn off individual types of notification. Doing this will significantly reduce the number of times your child is tempted to open the app by incoming comments, uploads, friend requests and so on. Ironically, it will allow them to actually be real by being present in the moment and their current environment as opposed to being engrossed on social media.

**STOP AND THINK**  
Bereal's goal is for users to be authentic with friends, removing the pressure of that flawless photo or perfectly worded post. It's still vital, though, that children stop and think rather than uploading something risky just to meet the two-minute deadline. Point out to them what kind of information strangers could extract from an image: school crests, street names or local landmarks, for example.

**EASY LOCATION**  
Bereal's default setting is to share the exact location of where a post was sent from. Given that images are usually shared within the two-minute window, anyone your child is friends with on the app will know exactly where they are (or at least, where they were two minutes earlier). As we've noted, this could include strangers who are intending to use this geographical information for malicious purposes.

**VISIBLE PERSONAL DATA**  
As with any other form of social media, it's important that your child doesn't share too much personal information on their profile. Bereal allows for a photo, full name, approximate location and a short bio. It's safest to make sure that your child's profile doesn't display anything which could identify where they go to school or exactly where they live.

**REPUTATIONAL DAMAGE**  
What your child says and does online - their digital footprint - shapes the way that other people see them. It's essential that young people understand that when they post something online, they are giving the app in question the right to do whatever they wish with that image or content, including sharing it elsewhere. This form of permission is explicitly referenced in Bereal's terms of use.

**KEEP IT AMONG FRIENDS**  
Remind your child why adding strangers to their contacts isn't a good idea, and advise them to decline any friend requests from people they don't know in real life. If something your child sees on Bereal makes them feel uncomfortable, they can report it by clicking on the three dots in the top right. The reporting tool allows them to state the reason that they're flagging the post.

**CREATE A SAFE PROFILE**  
Remind your child to use an avatar as their profile pic (as opposed to a photo of themselves) and use a nickname or just their first name, not their full name. Any information they add to their bio (which is optional) should be kept vague, and personal details should remain private. It's also worth turning off the relocation feature either through the device's settings or in Bereal itself.

**Meet Our Expert**  
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

**NOS National Online Safety**  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @nationalonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.10.2022

## COMPETITION

Home parentzone

### Find Your Balance

Written word competition

Google

Do you know an aspiring young writer – aged 5 to 15? Do they like spending time online, and do they have something to say about the internet?

The **Find Your Balance written word competition**, supported by Google, aims to help spark children's creativity and help families have the right conversations about their digital lives.

We're looking for children and young people to **explain in writing what they would like the internet to be like in the future**. The top 50 entries will feature in a special event at the Houses of Parliament in London. One national winner from each of the four age categories (ages 5-7, 8-10, 11-13 and 14-15) will **win a trip to the event with their family, to celebrate their wonderful writing**. They'll also receive a copy of the competition anthology (with their writing included) to treasure. See [terms and conditions](#) for details.

**It could be a story, poem, letter, lyrics, word cloud or something else.**

However, they want to use words to answer the question.

It is important to include pictures and colours to reflect the writing.

To submit an entry, a parent or legal guardian must complete the form below – including uploading the completed writing. It can be uploaded as a PDF or jpeg file (maximum size 86MB). All entries will feature in a special showcase on the Parent Zone website before being shared with the judging panel.

**The closing date for submissions is 23:59 on Wednesday 19 October 2022.**

<https://parentzone.org.uk/findyourbalance>





If you are available on Tuesday 18<sup>th</sup> October 2022, 09:30 – 16:00 join the Digital families team online. Register your place here for FREE: <https://www.eventbrite.es/e/digital-families-conference-2022-tickets-392354622237>

### **They know every family needs support sometime.**

Simply because parenting is hard. Parent Zone sits at the heart of digital family life: the struggles, the magical moments, the times when things seem complicated or confusing.

**They are a parenting organisation – but we are also parents.** We are here for ordinary parents – not for the loudest and most powerful.

**They maintain our independence and values.** We adapt to the needs of all parents – and the digital world – so we are agile enough to cope.

**They base our work on expert academic research.** But we listen to everyone: parents, professionals, young people, and children.

Their aim is still to challenge, to take risks, to ask awkward questions. *What's happening in the real world? What do families really need? And are we really helping ordinary families with ordinary – or sometimes extraordinary – challenges?*